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BOSTON Monday, January 5, 2015 www.metro.us | t: MetroBOS | f: MetroBoston



Trial by jury

Marathon bomber. Jury selection begins Monday in the trial of Dzhokhar Tsarnaev, accused of planting two homemade bombs at the finish line of the 2013 Boston Marathon, killing three people. PAGE D4

Law enforcement officials stand guard outside the courthouse. Jury duty is scheduled to begin Monday in the case against Dzhokhar A. Tsarnaev, the suspected Boston Marathon bomber. / GETTY IMAGES

Pushing boundaries for the blind

PAGE 02

Gwyneth Paltrow is all about her specialness

PAGE 07



Pats will have hands full with Flacco

PAGE 13

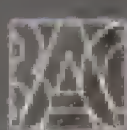
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1 NEWS

Top 3

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- 1 'Watch a supercut of people falling down stairs in movies'
- 2 'Video: Hannah Storm fights through tears while announcing passing of Stuart Scott on ESPN'
- 3 'Who is Twitter sensation Shawn Oakman?'



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.



National Braille Press President Brian MacDonald talks about Braille. To the right, Jessica Barr proofreads a book in Braille at the National Braille Press. / NICOLAUS CZARNECKI, METRO



Boston's National Braille Press celebrates 90 years

Senses. The NBP continues to work overtime educating about Braille literacy.

This year, the National Braille Press released its first-ever holiday card written in both printed English and Braille. The goal, they said, was to allow those with and without sight to share the simple but elegant message of "Joy."

Three gold boxes appear horizontally across a cream-colored background, each containing deep blue dots, in "simbraille" — or simulated Braille — that spell "Joy." The same three letters in embossed Braille appear directly below each box. Across the

bottom half, the word "Joy" appears in a graceful, scripted blue font.

The card is just one example of how the historic press has stayed ahead of the game in its advocating of Braille literacy. But it may not come as a surprise that Braille printing is no easy business.

"It's expensive. It takes a lot of time," said NBP president Brian MacDonald. "We can continue on and stay one of the leaders because our quality control is the highest in the country. Maybe the world."

The Boston-based non-profit is the only publisher of original Braille works in the United States.

For 90 years, the press has continued the tradition of supporting a lifetime of opportunity for blind children



Visit **Metro.us** to view photos and learn more about Braille printing.

Deadline

The NBP is seeking applicants for its 2015 Louis Braille Touch of Genius Prize for Innovation.

- The application deadline is Jan. 7, 2015.

through Braille literacy, and provides an education foundation for the blind community to maintain independence and productivity in their lives.

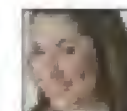
The four-story building on Saint Stephen Street, once a piano factory, is home to a collection of Braille printing technology and a staff working to publish hundreds of works of Braille each year — as many as 11 million Braille pages.

Even as technology supplants Braille, while mobile phones are helping sight-impaired people access more and more information, those same users require traditional Braille instruction on how to use the technology.

"It is a challenge. We're definitely wrestling with

that because Braille levels of kids today are declining from 40 years ago," said MacDonald. "Audio is easy. Learning Braille is a skill. It's like learning a language. It really impacts literacy. If you don't learn those basic skills as a student, you're illiterate."

The NBP's largest project to date has been the printing of the Braille edition of the 1,600-page "New American Bible," which was presented to Pope Benedict XVI at the Vatican in 2011. Closely behind, "The Joy of Cooking," at 1,000 pages, and "Harry Potter and the Goblet of Fire," which clocked in at more than 700 printed pages.



MORGAN ROUSSEAU
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Melrose. Man allegedly rams police cruiser, drives into frigid Malden River



Kellum / MELROSE POLICE DEPARTMENT

Police arrested John Kellum, 42, for his fifth drunken driving offense after he rammed a police cruiser and drove his pickup truck into the freezing Malden River around 1:30 a.m. Sunday morning.

Police allege that Kellum, a Melrose resident, crashed into two parked vehicles on Spear Street and rammed a Melrose police car before

fleeing. Police followed at a safe distance, according to a statement from the Melrose Police Department.

Kellum then drove at another police cruiser, which swerved to avoid a crash and in doing so he struck a curb, causing a tire to separate from the wheel. There were no injuries in any of the crashes. **DANNY McDONALD**

Crime

Cops use phone app to nab youthful Dorchester muggers

Boston Police used a cellphone tracking app to apprehend two juveniles who had just mugged two people in Dorchester early Sunday.

Police allege the pair of 17-year-olds, a boy and a girl

from Boston, stole a purse and two cellphones and pistolwhipped one of the victims near 9 Alban Road shortly after 1 a.m.

Police used the "Track My iPhone" app to trace the stolen goods to the area of Bushnell and Van Winkle streets.

The stolen phones, according to police, appeared to be traveling along the path of the Red Line toward Mattapan Square. **METRO**



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Marathon bombing. Jury selection begins Monday

Jury selection is set to begin on Monday in the trial of the man accused of carrying out the 2013 Boston Marathon bombing that killed three people and wounded more than 260 others in the largest mass-casualty attack on U.S. soil since Sept. 11, 2001.

Dzhokhar Tsarnaev, a 21-year-old ethnic Chechen who is a naturalized U.S. citizen, could get the death penalty if convicted in federal court in Boston of detonating a pair of homemade bombs at the race's finish line on April 15, 2013. He's pleaded not guilty to all 30 charges against him.

Prosecutors say Dzhokhar and his 26-year-old brother Tamerlan later shot and killed a university police officer, Sean Collier, 27. The brother died after a wild gun battle with police.

Judge George O'Toole will seek to winnow down 1,200 potential jurors to a panel of 12, with six alternates, to hear a trial expected to last three to five months.

Tsarnaev's attorneys sought to have the proceedings moved out of Boston, arguing it would be impossible to find an impartial jury because of intense news coverage and the fact that thousands of people attended the race or hid in their homes during a day-long lockdown in the greater Boston area after the bombing.

O'Toole's goal will be to find jurors able to commit to determining Tsarnaev's fate

Quoted

- "This case presents unique difficulty in terms of seating a jury that will be able to analyze the case fairly. This incident is seared into the consciousness of people who live in Massachusetts."

THOMAS PEISCH, ATTORNEY AND FORMER FEDERAL PROSECUTOR

solely on the evidence they hear in court, said former federal prosecutor Thomas Peisch, an attorney with the Boston law firm Conn Kavanaugh.

Another challenge will be finding jurors not entirely opposed to the death penalty, which is banned under Massachusetts state law but applies in this case because Tsarnaev faces federal charges.

Prosecutors say Dzhokhar Tsarnaev wrote messages inside of the hull of the drydocked boat where he was discovered hiding four days after the attack, indicating the attack was politically motivated.

Tsarnaev's lawyers are expected to argue he acted under the influence of his brother, a boxer also suspected of having a role in a 2011 triple murder in Waltham.

Three people died in the bombing: restaurant manager Krystle Campbell, 29; graduate student Lingzi Lu, 23; and Martin Richard, 8.

SCOTT MALONE, REUTERS



The fine art of state leadership is revealed

Gov. Deval Patrick's 2006 campaign manager John Walsh, left, and finance chair Sean Curran joined together to unveil the official portrait of Patrick by artist Simmie Knox at the Massachusetts State House on Sunday evening. / NICOLAUS CZARNIECKI, METRO

Crime

Police hunt for Burlington stickup man

Police in Burlington are searching for a suspect in a Friday evening armed robbery.

One Stop Convenience Store, located on Winn Street near the Woburn city line

was robbed around 9:25 p.m.

Police say a heavyset man showed the clerk a gun and took a quantity of cash before fleeing.

The suspect is described as being between 6-foot-1 and 6-foot-3, wearing a white zip-up hooded vest over a black jacket and a green mask which covered his face. **METRO**

Fatal accident

Arlington man dies after New Year's Day car crash

James McLaughlin, a 50-year-old from Arlington, died from injuries he sustained in a car accident shortly after the start of the new year, said Middlesex District At-

torney Marian Ryan.

McLaughlin was driving an SUV that left the road and struck a tree on Pleasant Street in Arlington around 1:30 a.m. on New Year's Day.

The car traveled over the sidewalk and hit the tree so hard it was knocked over.

Two passengers suffered minor injuries.

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Crime

Police: Dorchester 14-year-old faces illegal gun charges

Police arrested a 22-year-old and a 14-year-old, both believed to be involved in gang activity, in Roxbury early Saturday.

Boston police tracked a white sedan on Normandy Street shortly after midnight Saturday when it left the scene of a shooting. A passenger left the car "while making movements consistent with those of a person concealing a firearm," police said.

Police apprehended the 14-year-old. During a pat-and-frisk, police found a loaded black and silver .380/9mm Kurz handgun from his waistband.

A 22-year-old from Dorchester was also summoned to court for possession. **METRO**

Court and cops

SJC to consider cops' case over promotions

Police officers in Randolph and Hanover will appeal to the Supreme Judicial Court (SJC) on Monday, arguing they were unfairly bypassed for promotions to the rank of sergeant.

The court will hear two other suits: Maryland Casualty Company v. NSTAR Electric Company and Deutsche Bank National Trust v. Fitchburg Capital LLC, as well as an appeal by a 19-year-old mother seeking to overturn an Essex Probate and Family Court ruling that granted guardianship of her son to her grandmother.

The court will also hear a challenge to an arrest for possession of PCP, or "angel dust," which was discovered when a state trooper made a motor vehicle stop in Chelsea and arrested the driver for driving while intoxicated by drugs.

STATE HOUSE NEWS SERVICE

Outgoing state Senate head to launch nonprofit

Mass-Ignite. Nonprofit aims to help local companies do business abroad.

Senate President Therese Murray, who this coming week will leave the Senate after 22 years on Beacon Hill, plans to start her own private venture focused on attracting international investment for companies and research institutions in the state's growing technology fields.

Ending the speculation about her future, Murray told the News Service in an interview this weekend that she will form Mass-Ignite, a nonprofit organization with a mission to aid local companies trying to do business abroad as well as to help foreign compa-



State Senate President Therese Murray / NICOLAUS CZARNECKI, METRO

nies gain a foothold in Massachusetts.

The Plymouth Democrat said she will focus not just on the state's thriving life sciences sector, but also the emerging high-tech, eHealth, marine

robotics and other areas.

"I'm really excited about it," Murray said. "I believe Massachusetts can be No. 1 in all those areas. We just have to market ourselves correctly."

First elected in 1992, Mur-

ray did not run for re-election this year after an eight-year run as the state's first female Senate president. Term limits imposed by Senate rules would have prevented Murray from serving again as president.

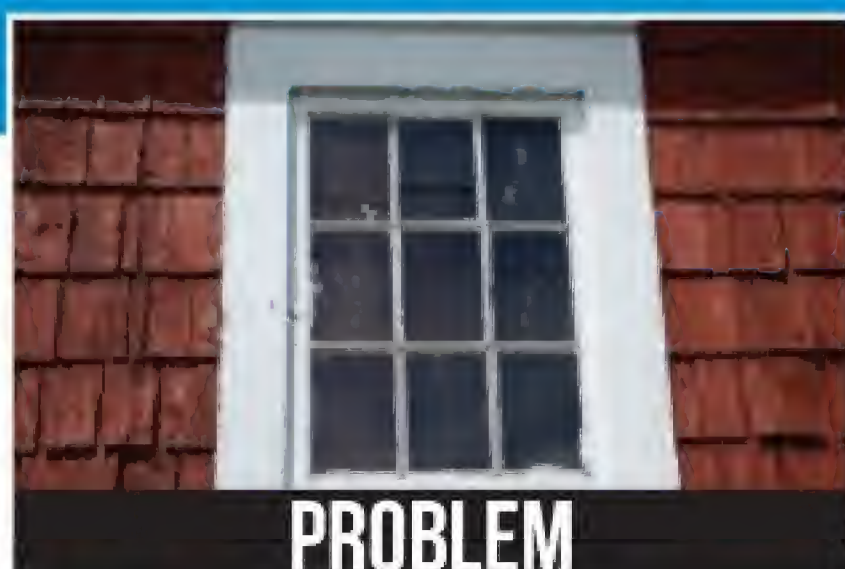
Murray, 67, told the News Service she wants to help local companies expand while furling some overseas interests to the state. She will also provide strategic consulting services.

She noted, for example, how she might be able to connect Massachusetts entrepreneurs in health care technology fields with grants available through the European Union to American companies.

Mass-Ignite will be housed at the offices of strategic communications firm Rasky Baerlein, which will also provide support staff to help launch the initiative.

STATE HOUSE NEWS SERVICE

Throwing Your Money Out the Window?



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Membership

UK's Cameron will move EU referendum forward if possible

Prime Minister David Cameron said on Sunday he would like to bring forward a planned referendum on Britain's membership of the European Union from 2017 if possible.

Under pressure from Euroskeptics members of his own party and the rise in popularity of the anti-EU U.K. Independence Party (UKIP), Cameron has pledged to renegotiate Britain's ties with the 28-nation bloc and try to claw back powers to London.

He has said he will hold a referendum in 2017 if his Conservatives win a national election on May 7.

"If I think we could do that earlier I would be delighted. The sooner I can deliver on this commitment of a renegotiation and a referendum ... the better," he told the BBC. **REUTERS**

Bad weather frustrates AirAsia search divers

Black box. Both flight recorders are located near the tail of the plane.

Bad weather forced divers trying to identify sunken wreckage from a crashed AirAsia passenger jet to abort their mission on Sunday and Indonesian officials said they had not yet picked up any signals from the lost plane's "black box."

Indonesia's meteorological agency has said seasonal tropical storms probably contributed to last Sunday's crash and the weather has persistently hampered efforts to recover bodies and find the cockpit voice and flight data recorders that may explain why the Airbus A320-200 plunged into the sea.

"Conditions did not allow diving operations," the head of Indonesia's search and rescue agency, Fransiskus Bambang Soelistyo, told a news conference in Jakarta. "Our priority is



A U.S. navy helicopter Seahawk from the USS Sampson flies near an Indonesian Air Force plane CN 295 during search of AirAsia Flight 8501 in Pangkalan Bun, Central Kalimantan province. / GETTY IMAGES

to dive in the location we suspect parts of the plane to be."

Flight QZ8501 crashed into the Java Sea about 40 minutes after taking off last Sunday from Indonesia's second-largest city, Surabaya, en route for Singapore. There were no survivors.

The main focus of the search is about 90 nautical miles off the coast of Borneo island, where

five large objects believed to be parts of the plane — the largest about 59 feet long — have been pinpointed by ships using sonar.

Soelistyo said that none of the searching ships had detected any "pings," the locator signals the black box should transmit after a crash. **REUTERS**

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Gwyneth Paltrow wants you to know about her 'specialness'

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Claire feature interview. The biggest revelation? It turns out that we were all just expecting too much from Paltrow, who really just needed some "me" time. "I had built my life on trying to be all things to all people, and I just couldn't do it anymore. I really had the sense that I wasn't allowed to have needs, and I had to prove my specialness or self-worth

by doing all this stuff and taking care of everybody else. And I just sort of hit a wall," Paltrow tells the magazine. I'd rather not kick off the year psychoanalyzing a mondo-size case of self-martyrdom, so instead I'll just say glad you're feeling better, Ms. Paltrow. You do you.



Bono may continue to not play guitar after accident

In a 2014 year-in-review post on his band's blog, Bono let slip that following his nasty bicycle accident in Central Park — leaving him with an arm broken in six places — his guitar-strumming days may be over. "Recovery has been more difficult than I thought," he explains. "As I write this, it is not clear that I will ever play guitar again."

Call me a terrible person, but all this talk of Bono not playing guitar just makes me think of U2's 1987 video for "With or Without You," which always stuck out to me because in it Bono holds a guitar behind his back the whole time, ready to be whipped



around and played, but he never, ever does. I always wondered why he bothered bringing the guitar to the video shoot in the first place if he wasn't going to play it. But hey, at least he has plenty of practice at not playing guitar.

Sam Raimi is ashamed of 'Spider-Man 3'

Remember the last Tobey Maguire-starring Spider-Man movie, "Spider-Man 3"? With the extra villains? And the dance break? Well, director Sam Raimi would be fine with you forgetting all about it. "It's a movie that didn't work very well. I tried to make it work, but I didn't really believe in all the charac-



ters," he tells Chris Hardwick during a visit to the Nerdist podcast, describing "Spider-Man 3" as an "awful" movie. "If the director doesn't love something, it's wrong of them to make it when so many other people love it." Lord knows what he thinks of "The Amazing Spider-Man 2."

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRLBAR
@Nedrick
ned.ehrbar
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Daily video

Marvel has a sense of humor about 'Ant-Man'

It's a new year, which means new Marvel movies to get excited about. The comic book giant is kicking things off with a glimpse of its upcoming "Ant-Man," due in theaters in July. Sure, the teaser doesn't officially debut until Tuesday's premiere of the new "Agent Carter" series, but those eager to see

Kaley Cuoco-Sweeting vs. Leighton Meester in 2015's first feminism-off!

We're apparently kicking off the New Year with a continuing debate on what a feminist is and who wants to be one. Awesome sauce! First up is Kaley Cuoco-Sweeting, who responds to a Redbook query about whether or not she considers herself a feminist with, "Is it bad if I say no?" She goes on to explain: "I was never that feminist girl demanding equality, but maybe that's because I've never really faced

inequality." But! New challenger approaching! Former "Gossip Girl" star Leighton Meester was posed the very same question and instead replied, "It shouldn't be some sort of sensational news item" that she considers herself a feminist. "It's something that I think all people should say about themselves." You hear that, Cuoco-Sweeting? All people. You just going to sit there and take that?



ALL PHOTOS GETTY IMAGES

Joseph Gordon-Levitt got married and didn't tell you

Joseph Gordon-Levitt is really good at playing the stealth celebrity. Not only has the "Inception" star had a girlfriend for quite some time, but they even went and got married when nobody was looking. He and Tasha McCauley were wed in a private ceremony at their LA home before Christmas. Oh, and his

now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of robotics company Fellow Robots.



2

CULTURE



Twitter feed

Today, John Stamos isn't feeling too great, Thandie Newton is raising some smart kids, Ricky Gervais has some ignoring to do, Mindy Kaling is getting into the spirit of the season and Jason Alexander might think he's still on "Seinfeld."

@JohnStamos: Taking night time meds is like getting hit in the head with a board — only you feel better in the morn if you get hit in the head with a board

@thandienewton: Mummy do u know what I love most about Chess? 'that the Queen is the most powerful piece' My 10 yr old :)

@rickygervais: A new scientific study shows that being ignored has a similar emotional effect to being punched in the face. Twitter just got even more fun.

@mindykaling: I can't wait for those weird Sundance cast portraits where everyone is hugging each other in Sorel boots

@JasonAlexander: can you even contemplate the complete lack of imagination that went into naming the hole in the living room the "fire place"?



YOUTUBE/MARVEL ENTERTAINMENT

it earlier can have a glimpse — if they have really great vision. As is befitting a tiny hero, the studio posted the

teaser online in miniature a few days early. See what you can make out in that big black box above.

The breakthrough: Phoebe Fox

Greetings. An English actress heads up a genre she didn't initially like in 'The Woman in Black 2.'

There's a long tradition of English stage actors finding themselves in understated British horror films. The latest is Phoebe Fox. After a handful of television appearances, she graduates to lead duties in "The Woman in Black: Angel of Death," in which she plays a school mistress tending to displaced children during World War II. Yes, there's a ghost, and ordinarily that wouldn't be Fox's cup of tea.

Were you a horror movie fan prior to signing up with this? I wish I could say I was. I scare incredibly easily. I had only ever seen horror films by mistake. I remember being on a school trip where the communal DVD was "The Ring," which left me permanently scarred. Since working on "The Woman in Black" I sort of got into them. I now quite enjoy the thrill of watching a horror movie. I actually went to the cinema and paid to see a horror film the other day, which would never have happened earlier.

Was the fact that this is a more suggestive horror film something that made the job

easier to take?

Absolutely. I don't think I would have been that keen to do a gore film. What I loved about this is although it's about a woman battling a ghost, it's also about a woman battling her own demons. In the case of my character, she's traumatized by this baby she's given up. She's battling her own guilt. You have this emotional drive and heart you can connect to outside of the jumps and the scares.

The film is set in England during World War II. Did you do much research into the era?

I felt it was slightly irrelevant for me to look into the actual war side of it. But what I did do is I bought this hefty book called "How We Lived Then," which was about the day-to-day — what was rationing, what were you eating, what weren't you eating, what were the restrictions on your life? It was interesting, once you delved past the obvious stuff, what you could find out. It's irrelevant to my character, but it was interesting to learn that they stopped the manufacture of alarm clocks because they needed the material for weapons and bombs and artillery. But it made so many people late for work, so they stopped that.



PHOEBE FOX
GETTY IMAGES



Phoebe Fox plays a school mistress fending off a ghost in "The Woman in Black 2: Angel of Death." / NICK WALL

How did you adjust to acting in a horror film for a change?

I'm used to being on stage and needing those reserves of energy to give a performance that's going to reach the back of the theater. Doing a horror film actually requires the same amount of energy. If you underplay it, people won't be afraid. The director was constantly pushing me to act more and more and more terrified. It was exhausting. [Laughs]

Another view

Kids these days

You're also spending most of your scenes acting opposite children. How was that?

They were lovely, but they realized I was a bit of an easy target. Every time something went wrong on set — it could be the smallest thing, from a light not working to someone being in the wrong costume

— they'd all chime in unison, "Oh, Phoebe!" I was a little bit bullied by the children, I guess. But they were great actors, actually. I hate to sound surprised. It didn't really occur to me that kids that young can act, but they can.



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TV watch list

REALITY

'The Bachelor'

True love awaits for Iowa farmer Chris Soules in the latest season of this romance factory. In the premiere episode, he'll start out with 30 lady options but send eight of them packing. **SEASON PREMIERE, 8 P.M., ABC**

DRAMA

'Gotham'

Detective Gordon has his hands full at his new assignment at Arkham Asylum once a guard is murdered there. Gotham should really consider some new policies for that place. **8 P.M., FOX**

TALK SHOW

'Late Show with David Letterman'

Kathy Griffin stops by to talk about her new hosting gig at "Fashion Police" and prob-



"The Bachelor" tries out a four person date, just like the last one you went on! / ABC, RICK ROWELL

ably say one or two offensive things, and David Oyelowo, star of the movie "Selma," also appears, to remind us all that we should really see "Selma." **11:35 P.M., CBS**

COMEDY

'Two Broke Girls'

The girls worry the factory that

manufactures their new T-shirts has unsafe working conditions. Maybe they can unionize the workers, and then rename the show "Two Union Organizer Girls." **8 P.M., CBS** LISA WEIDENFELD



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PLUS

FIRST DAUGHTER

Malia Obama looking at colleges

As President Obama starts the final two years of his presidency he'll probably be adding several trips to his personal agenda. His oldest daughter, Malia, starts her college search.

Now a 16-year-old high school junior, Malia reportedly visited both Stanford University (Chelsea Clinton's alma mater) and the University of California, Berkeley last summer. But if she wanted to follow in the footsteps of several of her family members, there are several schools right here on the East Coast that she may want to consider. The president has said that Malia is possibly interested in studying film.

Columbia University

The Ivy League campus in Manhattan is, of course, where President Obama graduated from in 1983. Fittingly, the president majored in political science with a minor in international relations.

Barnard College

Malia's aunt (and the president's half-sister), Maya Soetoro-Ng, attended Barnard in the early 1990s. Added bonus: The college has had a film studies program since 2002.

Princeton University

Both Michelle Obama and her brother, Craig Robinson, are graduates of the Ivy League university. In addition to having the chance to take classes in film studies, Princeton alumni in Hollywood include director Ethan Coen, one half of the Coen brothers.

LAKSHMI GANDHI

Instant ways to boost your mood

Stop feeling bummed.

The first workday back can bring on the ultimate case of the Mondays.

The relatives have all gone home, the decorations are put away and the only thing left over from the holidays is, well, the leftovers. But that sigh you let out when the clock ticked over into 2015 was probably not one of relief.

Across the pond, the first Monday of the year is known as Blue Monday — U.K. scientists have actually analyzed social media and found that there is a dramatic increase in postings related to guilt, melancholy and sadness on this day.

We asked Dr. Harold Koenigsberg, professor of psychiatry at Mount Sinai Hospital in Manhattan and a member of the Hope for Depression Research Foundation, about how to keep our spirits bright through the long winter nights.

1 Reset your body clock.

The role of light is not just about getting enough vitamin D; sunrise also resets your body clock. "When the sunrise comes later, the biological clock gets shifted in time," explains Koenigsberg. Instead



of waiting for the sun to come up, start the day by sitting next to a bright light an hour before sunrise.

2 Get out of your "cave." Sometimes, the best way to gain perspective on your own life is to help others — the feeling of altruism and social interactions are both helpful to lifting your funk.

But it doesn't have to be volunteering; rekindle your interests or find like minds through Meetup.com who share a new passion.

3 Forgive yourself. If you racked up debt over Christmas, don't ignore the bills piling up in your mailbox. Accept what's done and look for a solution.

4 Take mental breaks.

Don't be ashamed of watching silly cat videos on YouTube. "When people get into a rut, it can help to have things that distract them from [negative] thoughts," Koenigsberg says. Or, even better, take a lap around the office — research has shown that five minutes of movement for every hour of sitting can counter its negative health effects.

Jan. 5

Why are we so down?

1 It's the first day that many people return to work.

2 The weather is only going to get colder before it gets warmer.

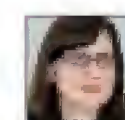
3 Amid all the partying, you may have gained a few pounds.

4 Budgets are tight after all the holiday spending.

5 New Year's resolutions may not have gotten off to the best start (or at all).

6 After four months of holiday cheer, the next major one is not until April.

7 As people take stock of the past year, they may not have lived up to their expectations of themselves, so they're starting out the new year on a pessimistic note.



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Schoolwork. Understanding why we procrastinate on tasks is crucial

It's a New Year's resolution college students the world over make all the time: "This is the year that I will stop procrastinating on my assignments."

But one professor says that the first step to ending this habit is to rethink the way we view it.

"The research shows that self-awareness is the first step in any kind of behavior change," says Dominic Voge, associate director of the Undergraduate Learning Program at Princeton University. "Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

We asked Voge why so many of us procrastinate and what we can do about it.

Identify the problem

"Procrastination is often a self-protection strategy," he explains. "It's protecting our self-concept of being capable and smart people."

This concept is particularly common among college students, many of whom are experiencing an academically competitive environment for the first time. "If we wait until the last minute to study or write a paper, we can say to ourselves, 'If I perform poorly, it's because I didn't have enough time,'" Voge says.

Give yourself a fun goal

Part of the reason procrastination

often feels like an insoluble problem, says Voge, is because "procrastination feels like a big wall, [it blocks you]. So what is something that is going to get you over that wall?"

Voge suggests making a list of your interests and long-term goals to figure out your motivations. Do you like the satisfaction of successfully solving a problem or delving into research? Concentrating on the aspects of your classes that you like rather than focusing only on grades (which aren't solely in your control) goes a long way.

"When students have a life goal the thought of grades tends to diminish and their grades tend to go up," says Voge. LAKSHMI GANDHI



Planning

Learn to use blocks of time

"It's easy to say, 'Why even start,' if you only have an hour between classes or if you are really tired," says Voge. "But you can say, 'Instead of watching TV, I can review my notes

from class or I can skim a chapter of my textbook,'" he says. The trick is to assign yourself reasonable tasks. A half-hour is probably not enough to do your chemistry assignments, but it's enough time to review vocabulary for a language course.

SOME FUN WAYS TO BUILD YOUR SKILLS

It's that time of year again. The holidays are over and it's time to get back down to business. If your New Year's resolutions entail landing the corner office with a nice, big promotion along with whittling down that waistline as well as booking that bucket list trip to Australia, it really is possible to make it all happen.

There are several ways to think outside the cubicle to boost your career while simultaneously rocking out with these robust and healthy New Year's resolutions.

The joy of improv

Want to ditch public speaking anxieties once and for all? Embrace the fear and take an improv class. Seriously. You'll learn the craft of being on the same team at all times with a variety of people, even if you don't necessarily see eye-to-eye. And you'll learn to go with the flow by rolling with different scenarios.

Cardio tap dance

"All sweat, no judgment" is the mantra at Cardio Tap, a heart-pumping tap dancing class currently available in New York, Boston and Seattle. If tap is not your thing, any intense dance class will do. The confidence you'll get by nailing two resolutions in one will give you the extra oomph to nail an important job interview or presentation.

Boot camp

It's important to get out of your own head sometimes. Move that body and release all notions of work, let out aggression and embrace the intensity of boot camp. Think of this as a natural stress reducer and brain stimulator to return to the office feeling (and looking) a lot lighter and thinking a whole lot clearer.

Yoga

Create downtime for yourself by taking a yoga class during your lunch break or immediately after work. Self-care is incredibly important when you're working on lofty resolutions like manifesting an amazing trip and the salary to fund it, taking on new challenging responsibilities or navigating a difficult work situation. Yoga also boosts motivation, creativity and positive well-being about your life and work.



Yoga clears your mind.
WAVEBREAK MEDIA

Inside HR

VICKI SALEMI

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of "Big Career in the Big City" and on-air host of "Score That Job."



Who knows? Waking up earlier might just make you as happy as this guy. / FUSE

3 Ways to ease your workday

Resolved. 2015 is the year to get organized.

The start of a new year is the perfect time to make some much-needed changes to improve the quality of your work life. We reached out to Lindsey Pollack, productivity expert for the Hyatt Place Seamless Travel Series, for her suggestions for practical New Year's resolutions that will make a small but significant impact on your day-to-day life.

1 Wake up earlier. Your mornings set the tone of your day, says Pollack, who regularly writes pieces on productivity and business travel for Hyatt

Place. Wouldn't it be great if you didn't have to rush out of your house each morning and instead had some time to think? "It's so hard to do, I know," admits Pollack, "but waking up earlier makes a big difference. Don't try to be too drastic right away — you can't set your alarm two hours earlier and expect it to work. For the first week, set your alarm 15 minutes earlier, and then the next week set it 15 minutes earlier than that."

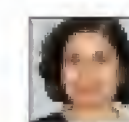
Pollack also suggests creating early morning moments that you'll be eager to wake up for to make things easier. "Maybe there's an early morning SoulCycle class that you've always wanted to try or you want some time to write your novel or learn a

new skill. It's time for you to be alone," she says.

2 Learn the art of delegating. "Delegating is the practice of working through other people," Pollack explains. "It's not dumping your work on others to do; it's knowing that you don't have to do everything yourself." In addition to trading tasks with your co-workers (perhaps you can copy-edit for a colleague while he or she helps you with something else), you can also delegate tasks to programs like a vir-

tual assistant app to help keep your day on track.

3 Say "no" more often. "Learning how to say no is probably the biggest lesson I've learned in my career," says Pollack. "I think we feel that when we say no, we are letting the person down. But if you say yes to too many things, you are saying no to doing those things well."



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Horoscope

♈ Capricorn | Dec. 22-Jan. 20.
You will benefit from a partnership or joint venture. Follow your heart and instincts when it comes to making personal or professional adjustments.

♉ Aquarius | Jan. 21-Feb. 18.
Be willing to give a little when dealing with someone who could have a positive influence on your future. You will receive help from others if you are willing to offer something in return.

♊ Pisces | Feb. 19-March 20.
An interesting relationship will develop as a result of a chance meeting. Your innovative contributions will be a welcome addition to an interesting project.

♈ Aries | March 21-April 20.
You will give the wrong impression if you are overly forward or pushy. A diplomatic approach will prevent you from being drawn into an argument.

♉ Taurus | April 21-May 21.
If you are serious about furthering your prospects, you need to be honest about your needs and ambitions. Keep the conversation flowing every chance you get. A surprising person will be interested in you.

♊ Gemini | May 22-June 20.
You should clarify your objectives in order to avoid running around in circles. Personal issues will be on your mind and should be dealt with. If you must travel, be cautious when doing so.

♊ Cancer | June 21-July 22.
You need to think about what is best for you. If someone makes too many demands, make it clear that you need a break in order to rejuvenate and consider what you are willing to do.

♊ Leo | July 23-Aug. 22.
Look for a way to promote or sell what you have to offer. Something you enjoy doing shows promise and can make you money. Network with people interested in contributing to your ideas.

♊ Virgo | Aug. 23-Sept. 22.
You will confuse those around you if you keep changing your mind. Finish what you start before you move on to something new.

♊ Libra | Sept. 23-Oct. 22.
You will have difficulty resolving emotional issues on your own. Confide in a trusted friend if you want advice. Patience and mindfulness will pay off.

♊ Scorpio | Oct. 23-Nov. 21.
Vital information will be revealed. Don't wait to be told to put everything in place. Your plans are taking shape and your goals are within reach.

♊ Sagittarius | Nov. 22-Dec. 21.
Consider traveling and connecting with old friends. You will find a new way to use your skills to get ahead. Prepare to negotiate, and don't commit to an unfair deal. **EUGENIA LAST**

Letters to the editor

Keep giving

The holidays may be gone but the need remains. Our food kitchens and food pantries are in need, and that means all 365 days of the year. And let's not forget our blood banks that are in desperate need of donations this time of the year when supplies are low. This year, as we make our New Year's resolutions, let's resolve to help the poor, needy and homeless by giving to those religious, community and government groups that help. Even if you cannot help financially, you

can still volunteer your time to collect donations for the poor who are in desperate need. For it is charity that, I believe, is the greatest gift we can bestow on our fellow men, women and their families in need.

FREDERICK R. BEDELL JR., VIA EMAIL

A hard job

Enough rhetoric and enough of Al Sharpton! He causes more problems and he is not Martin Luther King Jr., even on his best day! The fact is that police officers work under high stress

and the divorce rate among those in blue is astronomical compared to other occupations. If some officers make mistakes, this should be addressed. Stress management and other training techniques, including cultural sensitivity, are appropriate. Police departments that do not offer this are operating in a mode of systemic failure. Put yourself in the shoes of a police officer: Each day you patrol the streets; some people are extremely violent; others are depressed; some are mentally unbalanced. Police officers never know what they will face each day. They are asked to be

family counselors, social workers and psychiatrists on the streets. Having said that, when poor judgment or a violation of conduct standards occur, corrective measures need to occur swiftly. Citizens should have a right to protest; that is why our nation was founded. Grievance procedures need to be in place for these matters to be heard and solutions implemented.

MYLES GORDON, VIA EMAIL

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

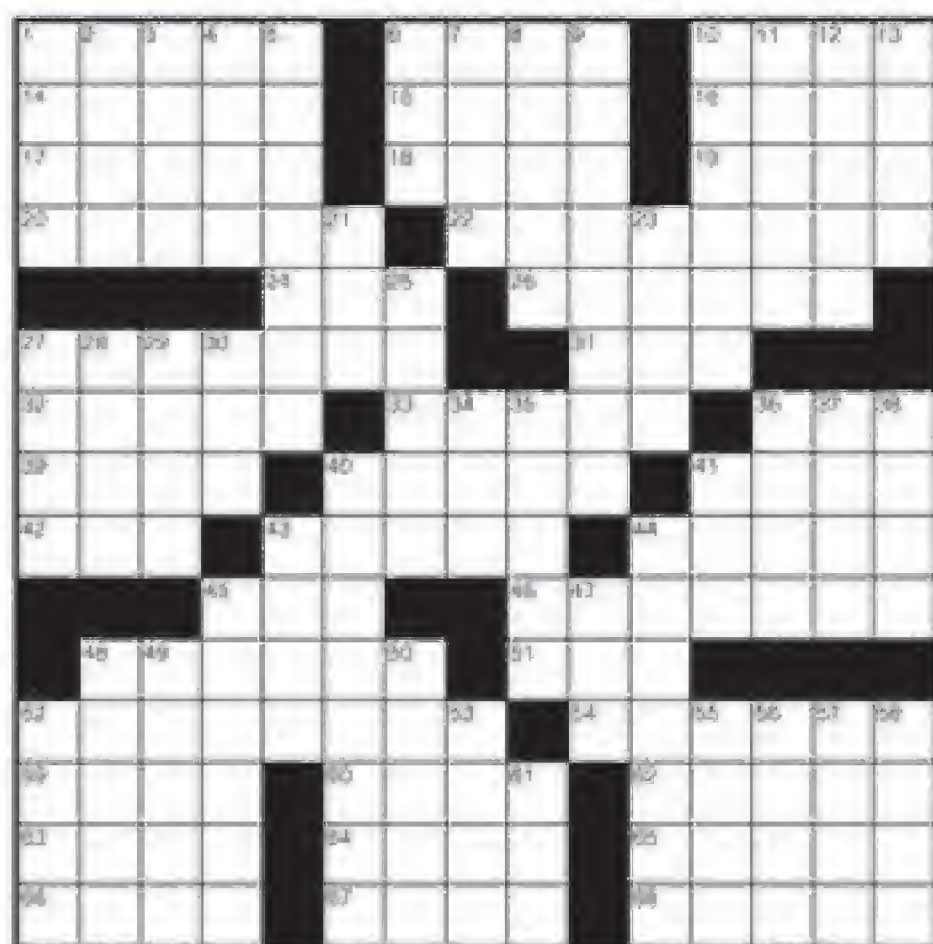
			8	4		6		
					5	9		2
6		4			2	3		
	5	9	6		3			4
				2				
2			7		4	1	3	
		5	4			2		6
7		3	9					
		8		1	7			

		5	8			9		
	6			3		4		2
3			9	7		5		
					8		6	1
		3				7		
1	9		3					
		1		4	9			5
9		6		8			2	
		7			2	8		

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

- 1 Polar explorer
- 6 Neutral shade
- 10 Feeling low
- 14 San —, Calif.
- 15 Pork selection
- 16 McEntire of music
- 17 Parting word
- 18 Give autographs
- 19 Pretty soon
- 20 Back out
- 22 Enjoyable time (2 wds.)
- 24 Weed whacker
- 26 Most droll
- 27 Family men
- 31 Corp. execs
- 32 Hair-raising
- 33 Auctions
- 36 Hoover's org.
- 39 Wire nail
- 40 Alpha followers
- 41 — pro quo
- 42 Tyke
- 43 Up and about
- 44 — Oberon of films
- 45 Airport closer

Down

- 46 Holds gently
- 48 Latin dance
- 51 Cousteau's summer
- 52 Dishware
- 54 Houdini forte
- 59 Bits of thread
- 60 Yachting
- 62 Sincerely
- 63 Melville work
- 64 Pointillism feature
- 65 More ill-mannered
- 66 Geography abbr.
- 67 Cut
- 68 Rust or patina
- 1 Ship's boom
- 2 Yield territory
- 3 Valhalla honcho
- 4 Bird abode
- 5 Dilemma
- 6 Windy City trains
- 7 Afro or updo
- 8 Unbending
- 9 Daunts
- 10 Exam scores
- 11 Gives for a time
- 12 Kapitan's command
- 13 Zillions
- 21 Help-wanted abbr.
- 23 Cosmetic target
- 25 Winding curves
- 27 Red ink
- 28 Prefix for "dynamic"
- 29 Mild expletive
- 30 "— you ever?"
- 34 Had brunch
- 35 Galahad's weapon
- 36 Roll tightly
- 37 Liver secretion
- 38 March 15, in Rome
- 40 Egoists have them
- 41 Theorem ender
- 43 Flint or marble
- 44 Conductor
- 45 Contributing cause

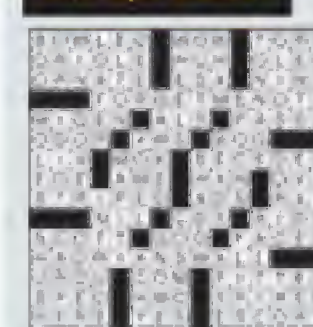


Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



Dec. 29's answer



- 47 L-70
- 48 Legal offense
- 49 Respect
- 50 Fiery felony
- 52 Sour, as cream
- 53 Sherpa's sighting
- 55 Pivotal point
- 56 Imported car
- 57 Begged
- 58 Bronte heroine Jane —
- 61 Copperhead relative

Flacco has done his best work in January

NFL. The Patriots will see a revitalized Joe Flacco this coming Saturday (4:35 p.m., NBC), the Ravens are confident that quarterback Joe Flacco can capture more January lightning in a bottle.

Heading into their divisional round showdown with the Patriots in Foxboro this coming Saturday (4:35 p.m., NBC), the Ravens are confident that quarterback Joe Flacco can capture more January lightning in a bottle.

"Joe Flacco, what can you say?" Ravens head coach John Harbaugh said after Baltimore beat the Steelers in Pittsburgh, 30-17, this past Saturday night. "I think he had a perfect quarterback rating there in the third quarter. That's playoff football. That's Joe Flacco. He is the best quarterback in football."

A year ago, no one was saying that.

Flacco and the Ravens didn't bother showing up in last year's postseason as they missed the playoffs with an 8-8 record. The Ravens' signal caller was brutal down the stretch of the 2013 season and that late-season funk was underscored in a Week 16 game against the Patriots in which Flacco was picked off twice by Logan Ryan. Flacco did not have a touchdown pass in the 41-7 home loss to the Pats and finished the day with an ugly 56.9 quarterback rating. That type of performance was the norm for the seven-year veteran out of Delaware in 2013 as he had just one game all season in which he had a QB rating of over 100.

Flacco has had plenty of stinkers in 2014, including a game against the Texans on Dec. 21 in which he connected on just 21-of-50 passes for just 195 yards while throwing three interceptions. But the disaster in Houston is something of an outlier when it comes to Flacco's play over the past two months. Since mid-November,



Joe Flacco and the Ravens took down the Steelers in Pittsburgh this past Saturday. / GETTY IMAGES

By the numbers

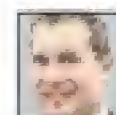
3-4

Ravens quarterback Joe Flacco is 3-4 against the Patriots in his NFL career, which dates back to 2008. Flacco has faced the Pats three times in the postseason and has victories in two of those three games.

Flacco has posted a QB rating above 100.0 in five of seven games. He was at his absolute best in the Wild Card win over the Steelers as he hit on a tidy 18-of-29 passes for 259 yards while throwing two touchdowns without a pick. He finished the game with a 114.0 rating.

For sure, it will be difficult

for Flacco to match that performance against the Patriots. The New England secondary is riding high in the month of December, as opposing starting quarterbacks had an average QB rating of just 84.4.



MATT BURKE
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NFL playoffs



Colts and Cowboys movin' on up

Way back in late September, the Bengals were considered by many to be strong Super Bowl contenders. But once again, when it mattered most, Cincinnati did what it always does: lose the first game it plays in January. The Bengals became the first team in league history to lose four straight opening-round playoff games as they fell in Indy, 26-10.

The Colts' defense looked strong, holding Cincy to just 254 yards of total offense. Andy Dalton was underwhelming as he threw for just 155 yards and did not throw a touchdown pass while his signal-calling counterpart, Andrew Luck, completed 31-of-44 passes for 376 yards and a touchdown. Indy will play at Denver next Sunday (4:40, CBS).

In the NFC, a slow start looked as if it was doomed to derail the Cowboys' season, as Detroit compiled a two-touchdown lead early and led by 10 points at halftime.

But Dallas staged a mighty comeback, using an 80-yard touchdown drive in the third quarter, and another 59-yard march late in the fourth to oust Detroit, 24-20. Dallas will face Green Bay Sunday (1 p.m., FOX). **METRO**

Farewell, Stuart

ESPN's Scott passes

Stuart Scott, a sports broadcasting icon who rose to fame on ESPN's "SportsCenter" in the 1990s, passed away Sunday morning after multiple battles with cancer. Scott was 49 years old. Scott was known for several catchphrases that he would deliver during highlights, including "Boo-yah!" and "As cool as the other side of the pillow." Scott received the Jimmy V Award for Perseverance at this past year's ESPY awards.

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483091
ORDER OF NOTICE
TO:
Kevin James Fitzpatrick,
Jacquelyn Marie Fitzpatrick
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. §501 et seq.:
U.S. Bank National Association
claiming to have an interest in a Mortgage covering real property in Boston (Dorchester District), numbered 59 Maxwell Street, given by Kevin James Fitzpatrick and Jacquelyn Marie Fitzpatrick to Mortgage Electronic Registration Systems, Inc. as nominee for USAA Federal Savings Bank, its successors and assigns, dated June 15, 2007, and recorded with the Suffolk County Registry of Deeds in Book 41982, Page 254, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before January 26, 2015 or you will be forever barred from claiming that you are entitled to the benefits of said Act.
Witness, JUDITH C. CUTLER Chief Justice of this Court on December 9, 2014
Attest:
Deborah J. Patterson
Recorder
1/5/15

(SEAL) COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT
488693
ORDER OF NOTICE
TO:
James C. Corbett, Sharyn L. Maras
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. §501 et seq.:
Santander Bank, N.A. formerly known as Sovereign Bank, N.A., formerly known as Sovereign Bank, successor by merger to Compass Bank for Savings successor by merger to Bay State Federal Savings Bank
claiming to have an interest in a Mortgage covering real property in Boston (West Roxbury), numbered 95 Grove Street Unit 95-3, Glen Grove Park Condominium given by James C. Corbett and Sharyn L. Corbett a/k/a Sharyn L. Maras to Bay State Federal Savings Bank, dated May 23, 1986, and recorded with the Suffolk County Registry of Deeds in Book 12518, Page 117, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.
If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before January 26, 2015 or you will be forever barred from claiming that you are entitled to the benefits of said Act.
Witness, JUDITH C. CUTLER Chief Justice of this Court on December 11, 2014
Attest:
Deborah J. Patterson
Recorder

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General Help Wanted



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Come join us 1/7/15 at the Courtyard Marriott Boston Downtown
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& Orange line – Tufts Medical Ctr Stop 10:00-4:00 p.m.

Please call Lyndsey – 781-693-5372

hiring@marcoutransportation.com

If you can't make 1/7/15 please feel free to come to our office anytime to fill out an application
224 Calvary Street Waltham, MA 02453.

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– BANDIT adopted 11-26-09

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